



TAYLOR SWIFT PRICED HER LEGS

SHE'S WORTH EVEN MORE THAN YOU'D THINK. PA

SHE'S WORTH EVEN MORE THAN YOU'D THINK. PAGE 14

PAGE 14

metro

NEW YORK CITY No. 1 FREE DAILY IN THE US

Tuesday, March 10, 2015 www.metro.us | t: MetroNewYork | f: MetroNewYork



COMIC ARTESY

A subway-riding Starbucks' fan gets an earful from the MTA's "courtesy campaign." / ANDY ZOU

Plain spoken.
A New York comedy duo is sticking it to the MTA for its "preachy" new subway courtesy campaign.

Derailment of train in N.C. injures dozens

PAGES 10-11

Watch out! What to know about Apple Watch

PAGE 08



Get to know 'Marigold Hotel' star Tina Desai

PAGE 16

Steal Gillian Flynn's fave recipe for book club

PAGE 17

1 NEWS

Top 3

The best of Metro.us

1 Suge Knight hit and run video leaks

2 Marijuana: The side effect you need to know

3 Madonna dubs Kanye West 'the black Madonna,' because obviously



Get the latest

Want to read the latest news on your mobile device? Get the free Metro App! Find out what happened while you were sleeping and get the latest in news, sports, lifestyles and entertainment. Just search for Metro US in the App Store or Google Play.



That feeling you get when the MTA starts talking down to you... The "MTA Shames NYC" comedy video takes preachment to new levels of condescension. / ANDY ZOU

Courtesy campaign gets a comic twist

Parody. 'MTA Shames NYC,' and comedy duo shames the MTA back — all in good fun.

A New York comedy duo is sticking it to the MTA for its "preachy" new subway courtesy campaign — and announcements that they say "cross the line of morality."

And it's all in good fun. Lots of fun.

In a comedy skit called "MTA Shames NYC" that is nearing 50,000 views on YouTube, Megan Sass and Gianmarco Soresi land some solid punches ... uh, we mean, punchlines.

Soresi, 26, says he was taken aback when new

The comedy duo's revised announcements

- "Ladies and gentlemen, hundreds of civilians die every day in the Middle East because of American bomb. If you aren't calling your congressman to make it stop, you are responsible."
- "Also, dogs are better than cats."
- Then the Starbucks set are

announcements started playing over and over in January.

"They need to fix their s-t before they get up in our business," the actor, stand-up comedian, and writer tells Metro, half jokingly.

It's not that he disagrees with what the MTA

is saying, says Soresi.

Don't even get him going when someone on the 2 or 3 train he takes almost daily is playing Candy Crush without head phones. ("That's when I go right up to them and say, 'Please turn it down!'")

Rather, it's about tone, he says, and language

choice.

Funny lady Sass agrees. "They crossed the line into morality," she said.

So she and Soresi, who met about a year ago, collaborated on "MTA Shames NYC" and crossed some lines themselves, says the "20-something" actress, writer, and prolific comedy sketch artist.

She credits Soresi with the idea and the two decided to answer this question: "What if the announcements just kept getting more preachy."

So, on a guerilla video shoot on a downtown A train, the pair, videographer Andy Zou, and a group of performers got together and the result was Metrocard Magic.

JOHN A. OSWALD
@MetroNewYork
news@metro.us

PSAs

MTA wags its finger

The MTA launched the Courtesy Counts campaign on the subways in January with new audio announcements and graphically-enhanced placards in 2,600 cars that it illustrate the list of "Do's" — and a list what MTA Corporate Communications calls "No No's."

"The messages serve to remind the MTA's 8.6 million daily customers that they can help make the trip quicker and more pleasant by demonstrating a personal, consistent commitment to courtesy," the agency said in statement in December.

The "Do's"

- "Step Aside to Let Others Off First"
- "Keep Your Stuff to Yourself"
- "Take Your Pack Off Your Back"
- "Offer Your Seat to an Elderly, Disabled, or Pregnant Person"
- "Take Your Litter Off With You"
- "Keep the Sound Down"

The "No No's"

- "Pole Are For Your Safety, Not Your Latest Routine"
- "Don't be a Pole Hog"
- "It's a Subway Car Not a Dining Car"
- "Dude.....Stop the Spread, Please"



Still wet, but better than snow.
GETTY IMAGES

Spring? Warmer weather for the week, but chances of light rain and snow by Friday

After a freezing February, New Yorkers are being treated to above-normal temperatures for the next few days.

John Murray, a meteorologist with the National Weather Service, said average temperatures this time of year are in the

lower 30s. This week's highs in the 40s and 50s are due to a fast-moving, high-pressure pattern moving through the city.

"This certainly has been a relatively warmer stretch than what we've been seeing recently in terms of consecutive days

of 40-plus readings for higher temperatures," Murray said.

Tuesday will see a high of 50 degrees, with a chance for rain beginning in the early afternoon and increasing throughout the afternoon. Temperatures will

dip into the upper 30s overnight.

Wednesday will be dry, with highs in the lower 50s. Thursday should be precipitation-free, with a chance of rain and snow again on Friday and Saturday.

WENDY JOAN BIDDLEScombe

**macy's**

Web ID: 1857407



● **macy's** Stepping out like a cover girl today, courtesy of the new **#thalia** collection **#shoesdaytuesday #THALIASODI** Only at Macy's. Flor peep-toe pump. 5-10,11M. 109.50.

Follow @macy's on Instagram for even more of the shoes we're loving this Spring.

[Like](#)[Comment](#)

Advertised merchandise may not be carried at your local Macy's and selection may vary by store. Prices & merchandise may differ on macy's.com 5020412

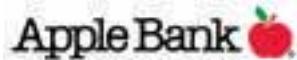
Apple Bank **BONUS** Savings Account: Great Rate *and* a Bonus on Each 1-Year Anniversary!

BONUS Savings Account

0.75%
APY*

PLUS **BONUS****
0.25%
On each 1-year anniversary of account opening

Visit one of our 76 branches.



Established 1863 • Member FDIC

www.applebank.com • 914-902-2775

*For the Apple Bank BONUS Savings account, interest earned on daily balances of \$2,500 or more at these tiers: \$2,500-\$24,999: 10% Annual Percentage Yield (APY), \$25,000 and up: 7.5% APY. There is no interest paid on balances of \$0-\$2,499. APYs disclosed effective as of January 6, 2015. APYs may be changed at any time at the Bank's discretion. There is a minimum of \$2,500 required to open the Apple Bank BONUS Savings account. \$2,500 minimum daily balance is required to avoid \$10 monthly maintenance fee. Fees may reduce earnings. Funds used to open this account cannot be from an existing Apple Bank account. Maximum deposit amount is \$1,000,000 per household. **Special bonus feature: A .25% simple interest rate bonus will be paid on each anniversary date of account opening on the lowest balance for that year (anniversary date to anniversary date). No bonus is paid if the account balance is less than \$2,500 on the anniversary date. Additional deposits during a given anniversary period do not affect the bonus interest payment. Deposits made to the account on any anniversary date will be used to calculate the lowest account balance for the next anniversary period. The bonus interest is calculated on the lowest balance on deposit from one anniversary date to the next anniversary date. Simple interest rate bonus is subject to change at any time after first anniversary date of account opening. **Hypothetical example of how bonus works:** Assume an account is opened on January 12, 2015 for \$50,000. A \$10,000 withdrawal is made on July 12, 2015. No other withdrawals are made prior to the January 12, 2016 anniversary date. The low balance is now \$40,000, so \$100 in bonus interest will be paid on January 12, 2016.

Strategy. The defense for Etan Patz's alleged killer says the videotaped confession isn't real.

Attorneys for the man on trial for the 1979 disappearance and death of Etan Patz spent Monday laying out its case by arguing the case against Pedro Hernandez is based on a false videotaped confession.

Prosecutors, who rested their case Friday, previously argued that Hernandez's 2012 confession in a New Jersey police station after more than six hours of interrogation was only one in a series of incriminating statements he made linking him to the death.

Metro asked Steven Drizin, law professor at



Pedro Hernandez / FILE

Northwestern Law School and former legal director for the Center on Wrongful Convictions, about false confessions, why people do it and their impact on jurors.

Why do people falsely confess?

Lots of reasons, depending upon whether the confession is voluntary [without police pressure] or police-induced. Individuals volunteer false confessions because they desire

attention or notoriety, they have a pathological need for acceptance, they feel the need to purge themselves of guilt for real or imagined acts.

Most false confessions, however, are the result of psychologically coercive interrogations. Police interrogation tactics are designed to persuade a suspect that it's futile to deny responsibility for the crime and in the suspect's best interests to confess.

Who may be more susceptible to falsely confess to a crime?

Although every person is susceptible to falsely confessing — we all have our breaking points — some suspects are more vulnerable than others, including juveniles and those with intellectual disabilities.

 CHESTER SORIA
@chestersoria
chester.soria@metro.us

Spring 2015 Graduate Studies Fair

Monday, March 30th
2:30-7:30 p.m.
The CUNY Graduate Center
365 Fifth Ave. (at 34th St.), Manhattan

EXPLORE over 800 Master's and Doctoral degree programs in more than 160 disciplines taught by leaders in their fields. Speak with graduate admissions professionals and faculty from 13 CUNY colleges and professional schools.

Our workshops include:

- Business
- Psychology
- Diversity Pipeline
- Nursing
- Education
- Law
- Professional Science Master's
- General Master's & Doctoral

Register at: cuny.edu/grad



@cunygradstudies
grad@cuny.edu



The City
University
of
New York





**SALE UP TO 60% OFF
IN-STORE AND ONLINE***



H&M

*ITEM SHOWN NOT INCLUDED.

LaGuardia

Brakes eyed as cause of Delta crash

A brake problem may have caused a Delta Air Lines Inc jet to skid off a runway at New York's LaGuardia Airport last week, according to testimony from the flight's crew, federal safety investigators said Monday. The auto brakes were



Delta Flight 1086 / FDNY

set to "max," but the crew "did not sense any wheel brake deceleration" before the plane crashed into a fence, the National Transportation Safety Board said in a statement. It added that the brake switch was found in the "max" position during the investigation.

"The captain reported that he was unable to prevent the airplane from

drifting left," the agency said, confirming earlier media reports. The Boeing Co MD-88 aircraft stopped just feet from the icy waters of Flushing Bay, its left wing and other parts damaged.

"Investigators with the Airworthiness group will continue to examine and test the anti-skid, auto-brake and thrust reverser systems today," it added. **REUTERS**



Daina Anderson and Edd Stewart at the International Student Center. /CARLOS LLAMAS, METRO

Saggy skin killing your self esteem?

Ultherapy

The best non-invasive face lift solution



BEFORE

AFTER

- Lift the skin of the brow, face, neck and décolletage
- Tighten loose skin of cheeks, eyelids and jaw line
- Achieve desired results in a single treatment
- Safe on all skin types
- No downtime

\$695

Starting at

MANHATTAN'S MOST INNOVATIVE MEDICAL SPA



SensitiveTouch
technology | experience | reputation

212-339-0005 • 135 E. 55th Street 8th Fl, NYC (off Lexington Ave)

No city for youthful explorers

Tourism. City lost \$280 million a year in tourism, advocates say.

By the numbers

22

Approximate number of hostels in NYC

\$290

Average cost of hotel stay

\$67

Spring rate for four-person room at Chelsea International Hostel

\$40

Spring rate at International Student Center

\$178M

The youth hostel industry could be worth \$178 million a year, according to Hostelworld International. The youth travel industry worldwide is expected to be worth \$30 billion by 2020.

New York City is missing out on millions of tourism dollars from young student travelers, and a city council bill wants to breathe new life into the stalled industry.

Councilman Mark Weprin (D-Queens) introduced a bill on Monday that would legalize youth hostels licensed by the city, allowing up to eight beds per room in commercial districts where hotels currently can't be built.

A 2010 law changed the state's multiple dwelling law, aimed at snuffing out illegal hotels, but also caused about 50 local hostels to close. Hostel advocates say that move is costing the city \$280 million a year in lost tourism.

"We had to adjust our bed count down, and basically what you did is cut your beds in half and doubled your price," said Tim O'Reilly, who manages the Chelsea International Hostel on West 20th Street. "Being one of the few hostels left in Manhattan, our downstroke was not that terrible, it took us a few months to readjust, reconfigure and retool. Now you're getting \$50 a bed when before you were charging \$25 a bed."

O'Reilly, who was part

owner in three hostels shut down by the city, said at one time he had 800 beds, and now has just 175.

"My biggest issue [with the 2010 law] was you're telling us what we can't do. Tell us what we can do," O'Reilly said. "In that respect, this bill is starting to get to that point."



WENDY JOAN
BIDDLECOMBE
Wendy.Biddlecombe@metro.us

Unexpected lessons. New Yorker juggles real estate and dancing

SECOND SHIFT

Creative ways city dwellers make ends meet

EMILY LAURENCE
Contact us if you have a story to tell:
emily.laurence@metro.us



Bio

Jody Sperling

Age: 44
Residency: Upper West Side
Lives with: Husband and daughter
Number of jobs: 2

You founded your own non-profit dance company, Time Lapse Dance. That alone sounds like a full-time job.

It's a lot of work. There's a lot of administrative work, such as grant writing and filing documents. I also do all the marketing, so that includes social media and e-blasts. I have to book the studio space, which can take a long time. Then, I have to prepare for the rehearsals and meet with the costume designer.

Your other job is in real estate, as a broker at Fox Residential Group. Can you pick how many clients you want to take on and do everything on your own time?

Yes. The thing about both dance and real estate is that you get what you put into it. So if I'm really busy with dance and not putting out my real estate feelers, I'm not going



Jody Sperling, performing on a polar ice sheet in the Arctic.

PIERRE COUPEL

to get new clients. But when I'm in more of the [real estate model], I'm reaching out more, so my phone starts ringing. It's very cosmic.

Besides working two jobs, you're also a mom. How does that affect your work?

My daughter is 3-1/2 years old and she's in school from 9 a.m. to 3:30 p.m. Basically, I try to squeeze in two full-time jobs in those six and a half hours. **EMILY LAURENCE**

High School Diploma



Earn Your HS Diploma Now!

(866) 210-1579
mildred-elley.edu

Practical Nurse (LPN)



Start Training Now!

(888) 505-2101
mildred-elley.edu

Become a member of tomorrow's Business Leaders

with the Department of Business Management

Classes Start Soon!

We Offer Lifetime Job Placement Assistance!

CALL (866) 755-5092



► VA & MYCAA Approved, Welcome Veterans! ► Day, Night and Weekend Classes!
Convenient Campus Location: 25 Broadway, Floor 16 | New York, NY

Mildred Elley career college • 25 Broadway, Floor 16 | New York, NY • Accredited by ACICS, Approved by ACCES-VR, Approved for VA Education Programs Such as GI Bill & MyCAA
International Students Welcome • For program details and disclosures including Albany extension site, programs visit mildred-elley.edu/disclosures

MCU Personal Loans – a simple solution.

SPECIAL LOW RATE!

RATES AS LOW AS

5.95%
APR*

To meet your important or unexpected needs:

Bill consolidation or family expenses

New appliances, furniture or household goods

Tuition or other education expenses

Apply for a Personal Loan today!
1-800-LOAN-MCU | nymcu.org

MCU MUNICIPAL CREDIT UNION **Strong Trusted Growing**

* APR = Annual Percentage Rate. With approved credit. Rates may be higher based on your creditworthiness. Requires direct deposit or automatic payroll deduction as method of repayment. The Annual Percentage Rate (APR) will increase by 2% during the term of this transaction if you discontinue payment through payroll deduction or direct deposit. Your payments will consist of 60 monthly payments of \$19.31 on each \$1,000 borrowed at 5.95% APR. Rates and terms are subject to change without notice. Certain restrictions apply. Membership is required.

Are Your Legs Suffering From...

- Varicose Veins
- Leg Ulcers
- Spider Veins
- Pain
- Restlessness
- Heaviness
- Swelling
- Fatigue
- Cramping
- Burning



*We are not a chain,
trust the doctor that
cares about you!*



ADVANCED
VARICOSE VEIN
TREATMENTS OF MANHATTAN

Evening
appointments
available
Hablamos
Español

212.204.6501

TreatmentsOfManhattan.com
drlev@treatmentsofmanhattan.com

FREE
CONSULTATION
with this ad
(3/16-3/20)



98 % of our
patients refer
their family
and friends to us!
Thank you!

66 I struggled with poor circulation and varicose veins and had seen many doctors over the years. No one has helped relieve me of this problem as Dr. Lev has. He is patient, meticulous, and very skilled in this speciality. The staff is also excellent and attentive. I recommend him highly and wish I had sought out Treatments of Manhattan years ago. – E.J.

111 John St, Ste 1450 (bet Cliff & Pearl St),
New York, NY 10038

2 3 4 5 A C J Z F

Most
insurances
accepted
including
Medicare

- Personal & discrete care delivered directly by **Ronald Lev, MD**
- Certified by the American Board of Venous and Lymphatic Medicine
- 15 minute minimally invasive procedures
- Consistently ranked **#1 Vein Doctor** in NYC by our patients

Better gym. Better price.
\$19.95
**month-to-month
membership!**



**new york
sports clubs®**

Available in Westchester, LI, CT, NJ, NY and
select Manhattan clubs.

NYSC.com

Feet Hurt? Bunions? Hammertoes? Heel Pain?

Platelet Rich Plasma Therapy (PRP)

A new approach for treating Tendon Injuries for the Achilles, Tendonitis and Plantar Fasciitis (Heel and Arch Pain)

Take The Foot Health Checkup

- My toenails are streaked, discolored and thickened.
- The sides of my toenails dig into the skin and hurt.
- I have a large bump behind my big toe (or little toe) which is always red.
- I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
- My toes aren't straight- they are all cocked-up, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly - sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
- I have numbness, burning, infection, persistent pain, skin rash, or open sores.

If any of these apply to you...
Call today.

Patient is responsible for
co-pays & deductibles
most insurance plans accepted complete
family foot care laser surgery available

Downtown location

65 Broadway Suite 1103
Financial District
NYC, NY 10006
212-486-7333

Midtown location

121 E. 60th St. New York City, NY 212-486-7333	235 East 22nd Street (between 2nd and 3rd Ave) 1 212-486-7333
Paul Drucker DPM	184 east 70th st 212-772-3500

The Most Advanced Techniques Used For Bunions & Hammertoe Correction



Relief For Chronic Heel Pain

Now Featuring **genesisplus™**

New FDA Laser Treatment For
Nail Fungus, Scars & Warts

CUTERA



New Treatment For Heel Pain,
Shockwave, PRP
(platelet rich plasma) as seen
on the front page of *The New
York Times*

Diabetes Brain Research Study

IRB: 1306014068

Study Description: To determine whether diabetes may affect levels of a protein called 'amyloid' in the brain, which is important in the development of Alzheimer's disease and dementia.

Involvement: PET scan of the brain, blood draw, neuropsychological assessment.

Age: 55-75 years old

Eligibility: People with diagnosed Type 2 diabetes (>5 years); No other major medical problems

Commitment: 2 visits (1 for PET scan and blood draw, 1 for neuropsychological assessment)

Compensation: \$150 reimbursement by check

Contact: Ms. Eileen Chang, study coordinator, at 212-746-6248 or 212-746-6711

**WCWC
IRB APPROVED**
Approved:
01/12/2015
Expires:
01/04/2016



Job Fair

Join us March 10th 2015 4:00pm-8:00pm

The DoubleTree by Hilton

341 West 36th Street

New York, NY 10018

Hiring for the following positions:

RN Field Assessment Nurse (Bilingual in Spanish Desired)

RN Care Manager (Spanish Needed)

Complex Case Manager

RN Field Assessment Supervisor

Social Worker (Spanish needed for Queens and Brooklyn)

Social Work Assistant-Field (BSW Desired)

Provider Service Representative (Sales Experience Required)

Directions: A, C or E train to 34th street Penn Station

If you cannot attend, please call (347) 306-1038

or Apply: www.centersplan.com/career-opportunities

Derailed train in

Street-level. The Carolinian was on its routine daily trip when it struck a tractor trailer stuck on a grade crossing.

Another street-level train crossing — and another frightening train accident.

Except this time no one died.

The engine of a New York City-bound Amtrak train toppled over, derailing two passenger cars in Halifax, North Carolina, Monday after slamming into a tractor-trailer that several witnesses say appeared to have gotten stuck on the tracks of a grade crossing.

"Oh, my God! Oh, my God!" a woman who caught the moment of impact is heard screaming from her car in a video posted on Twitter and YouTube.

More than 60 passengers were hospitalized

with non-life-threatening injuries, officials with the North Carolina Department of Transportation said.

There were 200 people on board the train — The Carolinian — which runs daily and was to make stops in Washington, D.C., Baltimore, Philadelphia, Delaware, Trenton, and New York's Penn Station.

"There was a massive jerk and we were kind of thrown forward a little bit, and the train came to a sudden stop," Charlotte Story, a student at the University of North Carolina at Chapel Hill who was in the seventh car, told local CBS affiliate WRAL.

A passenger making the 10-hour trip north to New York City, 21-year-old Patrick Narmi, said the conductor slammed on the brakes moments before the accident and he watched out the window what happened next.

"A few seconds later, I heard the impact. ... The train ran right through it,"

Quoted

"I couldn't tell you if it was trying to slow down or not. It came completely out of the blue." Charlotte Story

he told the Raleigh News & Observer. Narmi flew from his seat and landed head-first into the seat in front of him, before falling to the floor.

Story also said that the breaking was sudden: "I couldn't tell you if it was trying to slow down or not. ... It came completely out of the blue."

Things could have been far worse, as recent history has shown.

Just last month, north of New York City, an MTA Metro-North train packed with evening rush-hour commuters trying to get home slammed into an SUV on the tracks of a grade crossing in the Westchester hamlet of Valhalla.

The electrified third rail

NC injures dozens



Emergency officials respond to a train that derailed Monday in North Carolina. / ABC 11 WTVD

pierced the first car, killing six people, including five men and the woman driving the SUV.

Regulators and rail advocates have, for years, called for better safety at grade crossings, where the only thing between cars and a barreling train is a stick wood crossing gate.

After the Metro-North tragedy, Sens. Charles

Schumer of New York and Richard Blumenthal of Connecticut, called for increased funding to upgrade safety at accident-prone crossings.

In 2013 alone, 200 people died at similar crossings.

It is critical that the federal government do more to make engineering upgrades at accident-prone crossings, boost public

awareness of the dangers at such crossings, and improve reporting of dangerous problems at crossings," Schumer said.

Their Highway-Rail Grade Crossing Safety Act of 2015 would boost funding for the Federal Railroad Administration (FRA), states and municipalities to make engineering and safety upgrades, like installing new lights and signals.

The FRA said Monday it will probe the Amtrak collision and the National Transportation Safety Board said it was monitoring developments. Amtrak officials plan their own investigation.

The train hit the mid-section of the tractor-trailer, which one local Halifax woman said was going back and forth trying to maneuver a turn from U.S. Route 301 onto a more narrow two-lane road.

JOHN A. OSWALD
@MetroPhilly
news@metro.us

Transform your smile in one day Zero% Financing for up to 24 months!



New Patient Special \$89 (\$500 value)

(Includes Cleaning, X-rays, Gum Exam & Oral cancer screening)
Complimentary Cosmetic Consultation

- Metal-Free Ceramic Dental Implants
- Virtually Painless Laser Treatment
- Advanced IntraOral Cameras
- Digital Cavity Detection
- Comfortable Sleep Apnea Devices
- Anti-Snoring Devices Available
- Same-Day Emergency Services
- IV Sedation Dentistry Available

- Most insurance plans accepted -

Rockefeller Center
630 Fifth Avenue
(Between 50th & 51st St.)



212-396-3000
www.HealthyDentist.com

Grand Central Station
110 East 40th Street
(Between Park & Lexington)



Most of my patients say
"I wish I had
done this
sooner!"

Your
Local Vein
Expert

Varicose Veins be Gone.

Do you suffer from?

- Veins that are dark purple or blue in color
- Veins that appear twisted and bulging
- An achy or heavy feeling in your legs
- Burning, throbbing, muscle cramping and swelling in your lower legs
- Worsened pain after sitting or standing for a long time
- Skin ulcers near your ankle

All of these can mean you have a serious form of Vascular Disease that Requires Medical Attention.

New York City's Premier Vein Only Practice

Most Insurance Accepted!

FAST, NON-INVASIVE TREATMENTS FOR

Varicose Veins • Spider Veins • Facial Veins

DAVID M. GLASS, MD, FACS

Board Certified Vascular Surgeon

25 Years of Experience

**NEW YORK
VEIN CENTER**
BROOKLYN / MANHATTAN / BRONX

1-718-996-4400
www.NewYorkVeinCenter.org



©COPRIGHT 2013, NEW YORK VEIN CENTER. ALL RIGHTS RESERVED
DOWNLOAD THE NYVC APP IN THE APPLE APP STORE

Five things you need to know

US offers \$5M for missing American, appeals to Iran

The United States offered \$5 million on Monday for help in finding an American who disappeared in Iran eight years ago and appealed to Tehran to cooperate in the search for the former FBI agent, Robert Levinson.

"We ask the Government of the Islamic Republic of Iran to work cooperatively with us on the investigation into Robert Levinson's disappearance so we can ensure his safe return," Secretary of State John Kerry said in a statement.

The White House National Security Council said it was "committed to the safe return of Bob Levinson to his family."

Levinson disappeared from Kish Island, an

Iranian resort in the Gulf, on March 9, 2007, while on a business trip as a private investigator. His friends said he had been investigating illicit trafficking in cigarettes, mainly in Latin America.

Levinson traveled to Kish to meet Daoud Salahuddin, an American wanted in the murder of an Iranian diplomat in a Washington, D.C., suburb in 1980. Levinson's friends have said he believed Salahuddin had information on corruption in Iran. Salahuddin has denied knowing what happened to Levinson. **REUTERS**



Daniel Levinson shows a photo of his father. **REUTERS**

Republicans warn Iran nuclear deal with Obama may not last

Republican U.S. senators warned Iran's leaders on Monday that any nuclear deal with President Barack Obama could last only as long as he remains in office, an unusual partisan intervention into foreign policy that could undermine delicate international talks with Tehran.

The open letter was signed by 47 senators, all but seven of the Republicans in the Senate, and none of Obama's fellow Democrats, who called it a "stunt." It says Congress plays a role in ratifying international agreements and points out that Obama will leave office in January 2017. **REUTERS**



U of Oklahoma closes frat linked to racist video

The University of Oklahoma closed a fraternity linked to a video of students singing racial epithets, ordered its members to move out of the house and labeled the actions of those involved "disgraceful."

"Effective immediately, all ties and affiliations between the university and the local SAE chapter are hereby severed," University President David Boren said.

Members have until midnight on Tuesday to vacate the premises. **REUTERS**

Obama emailed Clinton on her private address: White House

President Barack Obama and Hillary Clinton exchanged emails during her time as secretary of state, the White House said on Monday, confirming the president was aware that his potential successor used a private email address for government work.

Obama said in an interview with CBS on Saturday that he found out about Clinton's use of a personal email account through recent news reports, but White House spokesman Josh Earnest said Obama was aware of her address earlier. **REUTERS**

Stand-alone service for HBO coming to Apple devices

HBO's stand-alone streaming service will launch on Apple Inc. devices next month in time for the season premiere of the hit series "Game of Thrones," the network said on Monday, a move to reach millions of viewers who do not subscribe to pay television packages.

The new HBO Now service will cost \$14.99 a month. It will include all of the network's past, present and future series plus its lineup of Hollywood movies. **REUTERS**



LENA DUNHAM, FROM THE HBO HIT SHOW "GIRLS" **REUTERS**

Trouble breathing through your nose?

Why suffer with a problem when we have solutions?

At **eos sinus**, we diagnose and treat the many causes of nasal and sinus disorders such as deviated septum, sinusitis, nasal obstruction, nasal polyps and more. After an expert evaluation, our physicians consider all your options before recommending a treatment plan that's right for you. Our wide range of safe and minimally invasive treatments, including Balloon Sinuplasty™, have proven to be effective for many of our patients.

866-eos-sinus (866-367-7468)
eossinus.com

Most Insurance Plans Accepted

If you think you are suffering from sinus problems, visit our website and take our quick and simple Sino-Nasal Outcome Test.

eos sinus
For the treatment of
nasal and sinus disorders

Better Diagnosis. Better Treatments. Better Results.

20 EAST 66TH STREET NYC • 262 CENTRAL PARK WEST NYC
589 BROADWAY NYC

833 NORTHERN BLVD GREAT NECK

Are you HIV + and looking to make a difference?

Researchers at the Rockefeller University are looking for volunteers to come to Rockefeller's campus to donate blood, which will be used to evaluate HIV levels and types of HIV in volunteers that are on or off HIV treatment

You may be eligible if you are:

- Are HIV+
- Are between the ages of 18-65
- On or off ART

Participation involves:

- Blood samples



To learn more, contact our Recruitment Specialist at
1-800-RUCARES or email us at
RUCARES@Rockefeller.edu

Do You Have Painful, Bulging, Swollen Varicose Veins?



Besides being unsightly and uncomfortable, varicose veins can be a warning sign of a condition called Venous Insufficiency that claims over half a million lives each year.



Do you have any of these symptoms?

Check all the boxes that apply to you:

Put an end to Varicose Veins at USA Vein Clinics!

- Varicose
- Itching and Burning
- Heaviness and
- Ulcers and Blood Clots
- Swelling
- Leg Pain and Cramps
- Spider Veins
- Problem Walking Long Distances
- Skin Discoloration

If so, you may have a serious medical condition called Venous Insufficiency.

Our minimally invasive non-surgical procedure will have you looking and feeling better in less than 15 minutes.

Don't wait for complications ...call now!

Medicare and Most Insurances Accepted!

www.USAVeinClinics.com

Call (917) 717-5135
Open Saturdays

New York:
1153 First Avenue, Manhattan, NY 10065
2511 Ocean Ave, Ste 102, Brooklyn, NY 11229
2444 86th St, Ste A, Bensonhurst, NY 11214
116-02 Queens Blvd, Forest Hills, NY 11375

NEW LOCATION
1975 Hylan Blvd, Staten Island, NY 10306

New Jersey:
766 Shrewsbury Ave, Ste 300,
Tinton Falls, NJ 07724





Twitter feed

Today, Bette Midler is feeling pretty popular, Neil Patrick Harris had apparently fallen out of love with the theater, Olivia Wilde is deep undercover and Taylor Swift has been having some wild nights.

@BetteMidler: Archaeologists discovered two lost cities in the Nicaraguan jungles. Great, more places to go on tour! Might need a machete for this show!

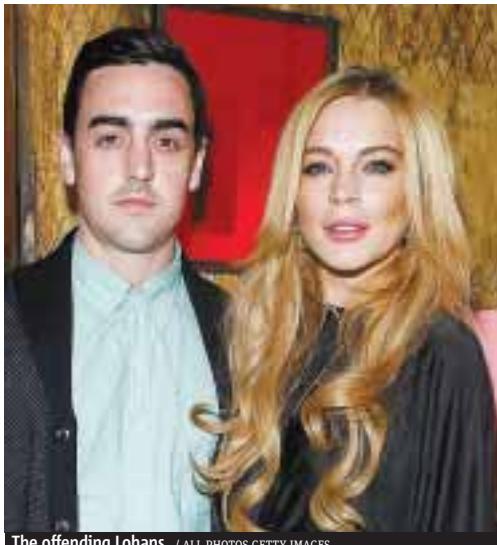
@ActuallyNPH: Just saw The Audience on B'way. All hail Helen Mirren! Phenomenal! Reignited my love for the theatre.

@oliviawilde: Forgot my ID in our diaper bag last night and got rejected by a bouncer who said my story was exactly the type of lie a cop would tell. HA.

@taylorswift13: I woke up like thisssssss (With a cat on me)

More Lindsay Lohan legal trouble

There's always something to keep Lindsay Lohan's lawyers busy, and if it's not suspicious community service hours claims, it's angry former business partners. Fima Potik previously sued Lohan and her younger brother for \$60 million for allegedly stealing an idea for a mobile app that lets users see inside celebrities' closets. He didn't get the huge payout, but he did get a restraining order against the Lohans stopping them from launching their version of the app. Now he's suing them because they have so irreparably harmed his business that he can't even afford that restraining order, according to Radar Online. Lohan's attorney calls the claims



The offending Lohans. / ALL PHOTOS GETTY IMAGES

"surprising, disturbing and prejudicial." I guess we can just add him to

the long list of people who wish they'd never met Lohan.

Everything wrong with the new Bill Cosby video



ABCNEWS.COM

Showing further signs of not-terribly-great judgment, Bill Cosby released an awkward, amateur-ish video message to promote an upcoming gig. In it, the embattled, comic icon is on the phone trying to convince someone to come see the show. "You know I'll be hilarious," he says in the 10-second clip, first released to ABC News. He accompanied the video with a written message: "Dear fans, I hope you enjoy my wonderful video message," he writes, before adding "Hey, Hey, Hey, I'm far from finished." While the video might not be as wonderful as he insists,

it does raise an awful lot of questions: Is that a rotary phone? Do those still work on modern phone lines? Why is this shot like an ISIS hostage video? Are those silk pajamas? Also, why is he holding the phone to his nostril? Also, can we address how terrible a slogan "I'm far from finished" is for a man accused of more than 30 separate, horrific acts of sexual assault?



These legs are worth a bundle.

Taylor Swift's legs are worth how much?

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.us



Taylor Swift got to give one of her patented "aw shucks" looks of surprise when she looked into insuring her legs — as you do — only to learn they're worth \$40 million, according to the National Enquirer. "She thought her legs were possibly worth a million. But \$40 million shocked her. She's even a little embarrassed about it," a source says. "It seems like a ludicrous sum, but if something was to happen to her legs, Taylor wouldn't be able to give her signature stage performances. Her \$200 million career would be in big trouble." It's with that thinking that Swift is reportedly going forward, embarrassment be damned. "She wants it all sorted out before her world tour starts in May," the source adds.



RECONSTRUCTIVE FOOT AND ANKLE SURGERY
BUNION AND HAMMERTOE CORRECTION • DIABETIC FOOTCARE
SPORTS INJURIES • TENDON REPAIR • HEEL PAIN • SURGERY
SPIDER VEIN AND VARICOSE VEIN AND MORE...

(888) 825-1666

113 E. 39th St., New York, NY 10016



@lexfootanklevein

www.lexingtonfav.com

MOST INSURANCE
ACCEPTED



Aurelia Nolin and Melvil Poupaud star in Eric Rohmer's 1996 romance "A Summer's Tale." / BIG WORLD PICTURES

TAKE A BREAK FROM WINTER WITH 'SUMMER'

Foreign

'A Summer's Tale'

Netflix Instant

If you need an escape to the carefree, sunny days to come once the city thaws, there are few better ways than this typically breezy, 1996 chat-a-thon from French legend Eric Rohmer. Reissued last year, it's another of the director's precise studies of the neuroses of love, with a scruffy-haired collegiate (Melvil Poupaud) romancing multiple girls while on seaside holiday. And as ever, no one navigates the complexities and absurdities of the human heart like Rohmer.



STREAM THIS
MATT
PRIGGE
matt.prigge@metro.us

Animation



'The Secret of NIMH'

Netflix Instant

The latest '80s nostalgia item to get revamped will be Don Bluth's faithless take on Robert C. O'Brien's novel, about super-intelligent mice who've escaped the lab. It was a milestone at the time — the first film from a group of disgruntled Disney animators who decamped and formed their own rival company.

Thriller



'Three Days of the Condor'

Netflix Instant

The '70s teemed with paranoid conspiracy thrillers. Compared to "The Parallax View," this is almost upbeat. Robert Redford is a CIA analyst who becomes the target of the CIA itself, and even finds love with the innocent woman (Faye Dunaway) he forces to become his protector. Things can never be that bad for Robert Redford.



Treat yourself to the gift of beautiful skin! We offer results, not promises!

"Body Massage + Facial \$99 • Eyebrow / Eyeliner Tinting \$25 • Ear Candeling \$50"

Diamond Microdermabrasion Only \$50
for acne scars, sun damage skin, fine lines, wrinkles, discoloration, blackheads.

Botinol Wrinkle Treatment Reg \$160 \$125
formulated with "Botox® - Like" effect without injection. Effectively reduces the appearance of wrinkles and crow's feet after only one treatment.

Acne Treatment w/Glycolic Acid Peel Only \$45
For oily and blemish skin with excessive blackheads/whiteheads, acne scars and discoloration.

Back/Chest Deep Pore Cleansing \$75/\$35

247 E. 50th St. 2 Fl NYC • Trains: **E M 6** to Lexington Ave., 51st-53rd Street
4 5 6 7 and **S** to 42nd Street-Grand Central Terminal • Tel: 212-588-8866/212-253-9693

Specializing in
Problem Skin
Licensed
Professionals
First Time Clients Only



Free consultations

ALL ROADS LEAD TO BROOKLYN



ATLANTIC
A10
CHAMPIONSHIP
BARCLAYS CENTER BROOKLYN

MARCH 11-15



**EXPERIENCE THE CHAMPIONSHIP
LIVE TOMORROW**



#A10MBB

barclayscenter.com

download our app

ticketmaster.com | 800.745.3000

For suite availability please call 718.BK.SUITE | [f](#) [t](#)

**FRIDAY
4-PACK**

Use code "CHAMP" for 4 tickets loaded with concessions credit

The Breakthrough: Actress Tina Desai

Introductions.

Meet the young female star of "The Second Best Exotic Marigold Hotel."

In "The Second Best Exotic Marigold Hotel," Indian actress Tina Desai returns to her role as the flustered paramour of hotelier Dev Patel. Desai, who will soon be on the Wachowskis' Netflix show "Sense8," tells us all about herself.

Perk of fame she's most looking forward to taking advantage of: "Free makeup! I was just offered that by my makeup artist. It doesn't get better. Oh, and when you get to travel a bit more. And you get to stay at Claridge's, which I hear is such a big deal."

Biggest audition blunder:

"I had just moved to Bombay from Bangalore, and we don't speak much Hindi there. I went to this audition for a TV serial, and TV serials in India can have pages and pages of dialogue. I spent about three hours trying to learn it and I was still getting the grammar wrong. They kind of looked at me arrogantly like, 'I see. You don't know your own language.' We're very blunt in India. We don't sugarcoat anything. You're crap. Those are rubbish shoes."

The last thing she Googled: "The weather in London. I wanted to know whether I would freeze or not at the premiere."

Last book she read: "I'm still reading it. It's Elmore Leonard's 'Freaky Deaky.' It was a gift to me from Bill Nighy, actually, because I was reading some other

books that he completely trashed and said, 'You will not read this!' It was a controversial writer who he felt really strongly about."

The best person to follow on Twitter or Instagram:

"Ellen DeGeneres. She's really funny. I love following her. There's also Obama, because I'm interested in politics."

What happens after you die:

"I don't know myself. There are so many people that say you go to Heaven, you go to Hell, you come back to earth reincarnated. I don't get any of them. I would prefer that you just die and that's it, nothing happens after. That makes a little bit more sense. You come here, you do your thing and that's it."



Tina Desai (with Dev Patel) returns in "The Best Exotic Marigold Hotel."

FOX SEARCHLIGHT



TINA DESAI
FILMAGIC

Bonus question

Her dream role

"Two things really excite me, though I have no idea how I'll do them. One is to do something completely fantasy-based, like a 'Pirates of the Caribbean' or a 'Harry Potter' or 'Lord of the Rings,' which is something that's completely based on imagination, so you can do whatever you want. I don't know how strong my imagination is, I might completely muck it up."



NED EHRBAR
@Nedrick
ned.ehrbar@metro.lu



"The other one would be to do a biopic, and then you have no freedom. You have to completely follow that person, look like them, talk like, think like them. Those are both extremely difficult, but I think they would be fun. I really think I might muck it up like hell."

MAKE A CHANGE

Get started with Star Career Academy

Train for a Career
in Culinary!



PROFESSIONAL COOKING



COMMERCIAL COOKING



STAR
CAREER ACADEMY

In 2014, we had over 1500 graduates
employed in their related field of study.

(212) 430-3675

StarCareer.edu
154 West 14th St.
New York, NY 10011
Main Campus

NOTICE TO THE PUBLIC

AFFORDABLE HOME PROGRAM

START WITH AS LITTLE AS **\$1,000**

GOOD CREDIT, BAD CREDIT, NO CREDIT

ALL CASES PROCESSED

CALL NOW FOR FREE
REGISTRATION MANY HOMES
ARE FULLY RENOVATED

BROOKLYN, QUEENS, BRONX,
WESTCHESTER AND LONG ISLAND
3.5% TOTAL DOWNPAYMENT NEEDED



Affordable Home
Program LLC

NYS. Licensed Real Estate Brokers
117-18 Queens Blvd Suite 202,
Forest Hills, NY 11375

1866-988-HOME (4663)

Have you been noticing Memory Problems?

Many adults over age 65 experience memory issues. If you are able to continue your day-to-day life and usual activities, you may still feel that your memory has "slipped." Mild memory loss can include:

- Forgetting things more often, such as appointments or plans
- Feeling less mentally sharp
- Losing your train of thought more easily

If you are 65 or older, you may be eligible for a medical food study for mild memory loss. For more information or a confidential, free screening, please call:

(212) 595-5012

The Medical Research Network, LLC
134 E. 93rd Street, New York, NY • www.MedicalResearchNetwork.com

Gillian Flynn's book club recipe

Hosting. Here's what to serve while discussing the latest suspense novel.

Even casual book club members know that half the fun of discussing the latest "it" book is eating and drinking while you do so. Now, there's a new book that will help you



Visit [Metro.us](#) for three more book and food pairings.

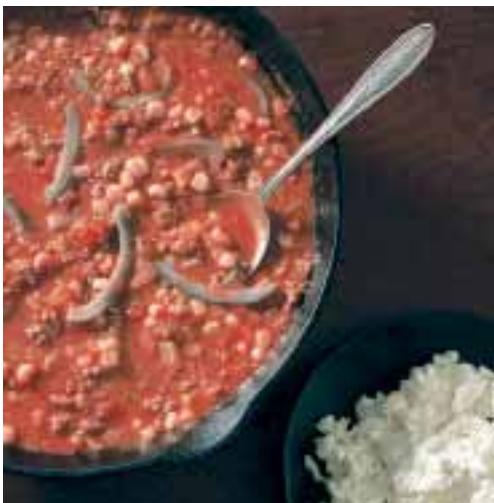
plan the perfect menu. Former *Cosmopolitan* editor-in-chief Kate White has put together "The Mystery Writers of America Cookbook" (out March 24), full of recipes from modern literary favorites such as Lee Child, Mary Higgins Clark and James Patterson. Here, we share "Gone Girl" author Gillian Flynn's recipe for Beef Skillet Fiesta.

Beef Skillet Fiesta

Recipe by: Gillian Flynn
I am no gourmet. I come from a long, proud Midwestern tradition of meals made from snack chips and canned soup. My characters tend to follow suit: They like their food simple and tasty. So here's my favorite stove-top recipe, Beef Skillet Fiesta:

Ingredients

- 1 pound ground beef
- 1/4 cup diced onion
- 2 teaspoons salt



A delicious look at Gillian Flynn's Beef Skillet Fiesta. / STEVE LEGATO

- 1 teaspoon chili powder
- 1/4 teaspoon black pepper
- 1 16-ounce can diced tomatoes
- 1 12-ounce can corn
- 1 1/4 cups beef bouillon
- 1/2 cup thin strips of green pepper
- 1 1/3 cups Minute rice

Directions:

- 1 Brown ground beef in a skillet and drain. Add onion and cook until tender.

- 2 Add salt, chili powder, pepper, tomatoes,

corn, and bouillon and bring to a boil. Stir in green pepper. Bring to a boil again.

3 Stir in rice, remove from heat, and cover. Let stand for 5 minutes.

4 Fluff with a fork.

5 Serve with cottage cheese. (The cottage cheese part isn't strictly required, but highly recommended — cottage cheese makes everything better.)

Note: If you prefer regular rice to Minute rice, cook the rice separately and spoon the Skillet Fiesta over it.

— Excerpted from "The Mystery Writers of America Cookbook." Reprinted with permission from Quirk Books.

 **EMILY LAURENCE**
@EmLaurence
emily.laurence@metro.us

Local book event

'Small Mercies' by Eddie Joyce



Ten years have passed since Staten Island firefighter Bobby Amendola died responding to the 9/11 attacks, but the wound has scabbed over differently for each family member. This is a book about how people learn to accept grief and find a way to move on. **EL**

If you go

Eddie Joyce

Tonight, 7 p.m.
Book Court
163 Court St., Brooklyn
718-875-3677
[www.bookcourt.com](#)

Tomorrow, 7 p.m.
Barnes & Noble
2245 Richmond Ave.,
Staten Island
718-982-6983
[www.barnesandnoble.com](#)



Varicose veins are not always a cosmetic issue. There are solutions that are covered by most insurance providers.

Free Vein Screening

March 18th, 2015 | 5pm-7pm

Call Today To Register!

646-660-9995



New York Cardiovascular Associates, ???
275 7th Ave., 3rd Flr., New York, NY 10001

Suffering from Allergies? Sinus Problems?

Coughing
Asthma
Post Nasal Drip
Stuffy/Runny Nose



Snoring
Headaches
Congestion
Sinus Infections

Minimally Invasive Methods for Fast Relief

Open Evenings & Weekends

ALL insurance accepted

nyasc
Allergy & Sinus Centers

CALL NOW
212-686-4448
se habla espanol

MANHATTAN

CHELSEA
154 West 14th Street
Between 6th & 7th

MIDTOWN EAST
225 East 57th Street
Between 2nd & 3rd

MURRAY HILL
116 East 36th Street
Between Park & Lexington

UPPER WEST SIDE
336 Central Park West
Between 10th & 11th

QUEENS

GLendale
79-49 Myrtle Ave.
Off Jackie Robinson Parkway

HOLLIS
190-02 Jamaica Ave.
1 mile from Grand Central Parkway

Featured on FOX 5/11 & NBC

[www.nyallergy.com](#)

QUALITY DENTURES

THE SAME DAY

NY's Place for same day dentures for over 35 years

Smile with Confidence



NEW PATIENT PACKAGE

MAINTENANCE \$89
CLEANING
DIGITAL X-RAYS

With this ad only. One per patient.
First visit only. Coupon expires: 4-15-15

NEW PATIENTS ONLY
ONE DENTURE RELINE \$194

With this ad only. One per patient.
First visit only. Coupon expires: 4-15-15

DENTURE REPAIRS AND RELINES WHILE-U-WAIT! FREE CONSULTATION

You Can't Afford to go Anywhere Else!

MOST INSURANCE PLANS & NY STATE MEDICAID WELCOME

Senior Cit. Discounts on new dentures and crowns
Full Service State-of-the-Art Cosmetic Dentistry

224 West 35th St., New York, NY 10018 (between 7th and 8th Avenues)



CALL NOW!
212-689-0024
www.denturecenter.com

**FOLLOW US
ON INSTAGRAM!**



metronewyork

metro

www.metro.us
Tuesday, March 10, 2015

MUSIC 18

R&B. Jazmine Sullivan knows 'Forever Don't Last' on her Reality TV-inspired new album

So what has R&B star Jazmine Sullivan been doing since she released her last album four years ago? Watching reality TV.

Actually, Sullivan, who's touring in support of her chart-topping new album "Reality TV," has a good reason why she's been out of the game, but we'll get to that later.

First, why reality TV?

"The mess of it all kind of kept my attention," says the "Bust Your Windows" singer. "It definitely influenced the album."

The influence is apparent in several compelling character studies on "Reality TV," such as the body-modifying model on "Mascara."

"People are drawn to the fact that [reality TV stars] were normal people like them. When you look at stars — actors and singers — they seem to be far away," Sullivan says. "With reality shows, it gives us a way to be the same as the people we're



Jazmine Sullivan's diverse "Reality TV" runs from jazzy R&B to a powerhouse ballad. / SHANE McCUALEY, RCA RECORDS

watching on TV. People want to feel that we're all the same."

The same, that is, if you also have your neighbor's weave in your hands after a tussle in front of the cameras.

As for "Reality TV" the album, it's full of smart,

diverse grooves.

Sullivan gets into car-window-smashing mode on the urgent "Dumb," which features a guest rhyme from Meek Mill. "Silver Lining" recalls the jazzy flows of Stevie Wonder's '70s jams, and "Let It Burn" has a synth-

If you go

Jazmine Sullivan

with Jordan Bratton
Wednesday, 7 p.m.
Irving Plaza
17 Irving Place
\$45, 212-777-6800
www.livenation.com

pop, early-'80s R&B vibe. The snappy "Stupid Girl" brings a retro sizzle.

As for why Sullivan left music, that's referred to on the track "Forever Don't Last," a powerhouse acoustic ballad in which she gives a wait-here-and-listen-to-this vocal performance: The 27 year old was in an abusive relationship. "You have to decide that you're the most important person ... and once you believe that," she says of moving on, "then you won't allow yourself to stay in a situation that's not healthy."

CHRIS JORDAN

*Get in shape & prepare
for a career as a certified*

NASM Fitness
Trainer

Prepare for three NASM certifications.

NASM-Certified trainers make top pay!

Other classes offered:

- Medical Assistant or CNA
- Dialysis Technician
- Phlebotomy/EKG
- Medical Biller
- Pharmacy Technician

Manhattan Institute

— 45 W. 34 St. NYC • 5th Fl. —

For info and a **FREE** tour:

(917) 580-6060

ManhattanInstitute.com

**CALL NOW & SAVE UP TO 84%
ON YOUR NEXT PRESCRIPTION**

Drug Name	Qty (pills)	Price*	Drug Name	Qty (pills)	Price*
Viagra 100mg	16	94.99	Tricor 145mg	90	114.99
Viagra 50mg	16	74.99	Colchicine 0.6mg	100	84.99
Cialis 20mg	16	94.99	Ability 5mg	100	134.99
Cialis 5mg	90	124.99	Singulair 10mg	84	33.99
Levitra 20mg	30	104.99	Plavix 75mg	90	26.99
Spiriva 18mcg	90	164.99	Premarin 0.625mg	84	70.99
Celebrex 200mg	100	99.99	Pristiq 50mg	100	129.99
Advair 250/50mcg	180	179.99	Janumet 50/1000mg	84	179.99
Zetia 10mg	100	104.99	Azilect 1mg	100	254.99
Crestor 20mg	100	149.99	Ranexa 500mg	100	84.99
Combivent 18/103mcg	600	114.99	Aciphex 20mg	100	69.99
Symbicort 160/4.5ug	360	189.99	Evista 60mg	100	132.99
Cymbalta 60mg	90	152.99	Flovent 125mcg	360	109.99
Namenda 10mg	84	92.99	Niaspan 500mg	84	79.99
Nexium 40mg	90	104.99	Boniva 150mg	3	47.99
Diovan 160mg	100	110.99	Xifaxan 200mg	100	134.99
Aggrenox 200/25mg	180	104.99	Multaq 400mg	180	564.99
Entocort 3mg	100	104.99	Flomax 0.4mg	90	44.99
Propecia 1mg	100	67.99	Ranexa ER 1000mg	100	109.99
Januvia 100mg	90	204.99	Bystolic 5mg	84	89.99
Quinine 300mg	84	59.99	Benicar 40mg	90	109.99
Ventolin 100mcg	600	59.99	Lipitor 20mg	84	28.99
Pentasa SR 500mg	100	104.99	Actos 30mg	100	33.99
Avodart 0.5mg	100	149.99	Vytorin 10/40mg	90	129.99
Pradaxa 150mg	180	454.99	Nasonex 50mcg	400	89.99
Vagifem 10mcg	24	93.99	Aricept 10mg	84	30.99
Xarelto 20mg	84	436.99	Rapaflo 8mg	90	199.99
Asacol 800mg	300	221.99	Geodon 40mg	100	109.99

All pricing in U.S. dollars and subject to change without notice. We accept Visa, MasterCard, Amex, Personal Check or Money Order. *Prices shown are for the equivalent generic drug if available.

- ✓ Over 1500 Medications Available
- ✓ Price Match Guarantee
- ✓ Call for Free Price Quote
- ✓ Prescriptions Required
- ✓ CIPA Certified

TotalCareMart.com
Savings made easy

Toll Free Phone
1-800-267-2688

Toll Free Fax
1-800-563-3822

**Shop: www.TotalCareMart.com
or Call Now! 1-800-267-2688**

Mailing Address: ORDER PROCESSING CENTER, PO BOX 121 STN L
WINNIPEG MANITOBA, R3H 0Z4 CANADA

CODE: EW40

Urban mom top pick

Get yourself the right stroller

While a large, fancy-pants stroller is amazing for everyday use (especially grocery shopping), it can be a nightmare on the subway as these giant, sturdy contraptions rarely fold up easily. Instead, keep a collapsible stroller on hand.

"My favorite is a lightweight umbrella-type stroller, like the UPPAbaby G-Luxe," says Manz. "It's great because it's light enough that you can actually carry your kid in it up and down the stairs of the subway if it doesn't have an elevator." The Baby Jogger City Mini is also a sturdy choice that folds up in two seconds flat.



The UPPAbaby G-Luxe is one of Stroller in the City blogger Brianne Manz's top picks. / PROVIDED

The best subway-friendly baby gear

Hacks. Stroller in the City blogger Brianne Manz shares her tips.

If there's one thing city moms must quickly master, it's the art of shuffling around with a baby - let alone two! Getting the kiddies around town with ease actually isn't all that hard once you know the insider tricks, mommy blogger Brianne Manz of Stroller in the City tells us. We got her tips on her favorite gear for taking the headache out of commuting with kids.

Consider a scooter or stroller board

As your infant grows into a toddler, using a wearable may literally become a pain in the neck. For Manz, investing in a mini-scooter for her older child was a lifesaver. "The Mini Kick is great for getting your toddler around town because they can scoot along a little faster if you're by yourself with them," she says. "If you have another child in the stroller, they can also ride next to you on the scooter."

It's when you have



Getting around the city is a whole lot easier when you have the right goods. /ISTOCK

to move more than one child that commuting in the city gets a little tricky; double strollers aren't the easiest to lug on and off a packed subway train. Instead, try putting the littlest one in a single stroller while the oldest scoots along on an attached stroller board, like the Buggy Board.

The key — for babies as well as toddlers — is choosing products that can fold up easily, so carting them around is hassle-free.

MARIANNE HAYES
@metronewyork
letter@metro.us

Hands-free

Wear your baby

Wearing your little one on the subway or bus makes it that much easier to get around. For starters, it eliminates the hassle of pushing a stroller (a bit of a game changer during rush hour). Another bonus? If the baby is facing in with a cover, it'll help protect them from yucky subway grime.

"The Ergo 360 is probably the best," Manz says. "It's good for your back, you don't really feel that much weight, and you won't feel crippled after you're running around town."



Are you HIV positive?
Need help paying for medication or
health insurance?
ASCNYC is here for you.

Through our Access-To-Health Care program, you can:

- Get health insurance, housing, food, MetroCards and more
- Connect to quality medical care
- Find affordable medication

ASCNYC 
positive change

Call or visit today!

212.645.0875 • www.ascnyc.org

GET CONNECTED. GET INFORMED. STAY HEALTHY.

All services are free, confidential, and easy. We speak English, Spanish, French, and Haitian Creole. We're conveniently located, with offices in Herald Square, East Harlem, Washington Heights, and the Lower East Side.

This publication was supported by grant number X07HA00025 from the U.S. Health Resources and Services Administration (HRSA). This grant is funded through Title II of the Ryan White Comprehensive AIDS Resources Emergency Act of 1990, as amended by Part B of The Ryan White HIV/AIDS Treatment Extension Act of 2009. Its contents are solely the responsibility of Health Research, Inc. and do not necessarily represent the official view of the funders.

March on in Receive FREE services

When you buy: **1** Receive a **FREE:**

SPA SERVICES

- Deep tissue facial **\$89** **FREE** microdermabrasion
- Manicure & Pedicure **\$22** **FREE** Paraffin bath for 10 hands
- Full body wax **\$99** **FREE** full body wax for next visit
- Brazilian wax **\$53** **FREE** Brazilian wax for next visit
- Hair gel manicure **\$23** **FREE** Brazilian tan hands

SKINNY PAINLESS TREATMENTS

- 6 Zumba inch loss **\$299** **6 FREE** Zumba
- 6 Cavatini loss **\$299** **3 FREE** Cavatini LPT
- Slimming body wrap **\$99** **1 FREE** Mini Model

ANTI AGING FOR FACE, HANDS & NECK

- Therapeel for Face, Anti Aging Treatment **\$899** **100% off** **FREE** microdermabrasion
- DayGlow Facial **\$89** **FREE** Deep Pore Facial
- Clear & Brilliant **\$177** **FREE** Deep Pore Facial

Laser Hair Removal

We have 2015 clientele, yes, did we? & Alessandro too. Our fulling hour **\$110** receive **FREE** Brazilian wax. They look great! **\$110** **FREE** wax & 1/2 arm. Our fullbody **\$1099** receive **FREE** full body for lifetime. Our fullbody **\$1137** **FREE** fullbody for lifetime. Our fullbody **\$1137** **FREE** fullbody for lifetime.

STRETCH MARK LASER

fractional, any area **\$1100**

some areas for free later

No time to march in?

Call and prepay over the phone: never expire!

Free consultation.

We service men and women.

Expires March 17th 2015

spa
Jolie

180 7th Ave. South • 212-229-0399

[between Perry St. & West 11th St.]

www.nylaser.net • Open 7 days a week

Free agency frenzy underway

NFL Big names are finding new landing spots.

Christmas comes early for a number of teams under the increased salary cap of \$143 million.

Tuesday begins the NFL's free-agent frenzy, and with as many as six teams (Eagles, Jets, Titans, Browns, Raiders and Jaguars) enjoying as much as \$44 million in cap space, the 4 p.m. commencement should be fun to watch.

The Jags lead the way with a whopping \$68.47 million under the raised cap, but that doesn't mean every A-plus star will flock to Florida, as a contender like the Eagles (\$44.766 million) will also have the ability to steal away a few big names.

Here's a look at four of the most sought-after targets during the whirlwind:

TONY WILLIAMS
and MATT BURKE



Visit Metro.us to see why the Jets won't break the bank on Revis.

Darrelle Revis, CB

The Patriots declined to pick up Revis' \$20 million option Monday, which was expected. But New England must move fast to re-sign the man who changed the face of their championship defense in 2014. Revis is every bit the impact player that's advertised as during his only year in New England, he helped hold opposing quarterbacks to a passer rating of just 74.7 and helped the defense match the excellence of their offensive brethren.



DARRELLE REVIS
GETTY IMAGES

Cornerbacks the caliber of Revis rarely hit the open market, so he'll definitely receive his fair share of calls.

One of those will undoubtedly be from the New York Jets, who have been hot for Revis for a while now. Metro's Kristian Dyer reported Monday on Metro.us, however, that the Jets "wouldn't break the piggy bank" to bring Revis back. A high-ranking source did say, however, that the Jets' interest is strong in the All-Pro corner. Landing spots: Patriots, Jets



GREG HARDY
GETTY IMAGES

Greg Hardy, DE

Greg Hardy is the ultimate gamble, as his legal issues – he missed 15 games in 2014 as he appealed a ruling that said he assaulted his ex-girlfriend – should force teams to stay away. When on the field, he is terrific as he racked up 15 sacks in 2013. Landing spots: Colts, Bengals

DeMarco Murray, RB

The Cowboys chose to franchise wideout Dez Bryant instead of arguably the league's best running back, but don't cry poverty for Murray, who will most definitely cash in somewhere – whether it be Dallas or someplace else. Many thought the star back would head back to Dallas after it seemed like the running back market would dry up even before it started, but then the Bills threw a wrench into that thinking when they traded for LeSean McCoy



DeMarco Murray heads the RB market. / GETTY IMAGES

and then reportedly offered a five-year extension that included \$26.5 million in guarantees. Murray's agency team will likely use McCoy's offering as leverage. Landing spots: Cowboys, Jaguars

Julius Thomas, WR

The guy who made the phrase "too easy" famous will not make it easy for the Broncos to re-sign him. Landing spots: Jaguars, Seahawks, Broncos



GETTY IMAGES

Manic Monday

A lot went down in the NFL world Monday:

- The Texans flat-out released wide receiver Andre Johnson, making him a free agent.
- Houston also made headlines by making the decision to re-sign QB Ryan Mallett. The team is also prepared to acquire fellow former Patriots backup, Brian Hoyer.
- 49ers linebacker Patrick Willis will reportedly retire.

3
SPORTS



NHL

Rangers, Isles meet once more

The 2015 Stanley Cup playoffs will have an overriding New York flavor as both the Islanders (88 points) and Rangers (87 points) currently sit in the top four of the Eastern Conference standings. Yet another battle of New York will take place Tuesday as the Rangers visit Nassau Coliseum (7 p.m., MSG-plus). The Islanders have beaten the Rangers in three out of four meetings this season.

WANT A GREAT CAREER?

Then **NYCI** is your choice...Since 1941

• Day, Evening & Sat. Classes
• Diploma & Certification Programs
• Transfer Credit Accepted
• 75 Years of Excellence in Education



- Court Reporting
- Closed Captioning
- Paralegal
- Healthcare Mgmt
- Medical Billing & Coding

OPEN HOUSE

Saturday, March 14 11am | Wednesday, March 18 11a & 5:30p

New York Career Institute
Call 212-962-0002 or online: www.nyci.edu
11 Park Place, NYC - Near City Hall

SPECIALIZING IN SURGERY AND AESTHETICS OF THE FOOT

DOWNTOWN PODIATRY SERVICES

Cutting Edge Means Less Cutting



BEFORE



AFTER



BEFORE



AFTER

HAMMERTOE CORRECTION

1 - 877 - BUNION - 1 • 1 - 877 - 286 - 4661

www.DowntownPodiatry.com

MOST INSURANCE PLANS ACCEPTED

Downtown
111 John St., Suite 1450

Midtown
315 Madison Ave., Ste. 513

New Location
159-05 92nd St, Howard Beach, NY
718-845-0741

FREE CONSULTATION WITH THIS AD

ALL PHOTOS OF ACTUAL PATIENTS

MEDICAL RESEARCH

To advertise, call Betsy Marchetti at 212-457-7829 or email betsy.marchetti@metro.us



BACK PAIN ACUPUNCTURE

overweight stress anxiety back neck joint pain fatigue pinched nerve poor circulation sciatica migraine foot pain hair loss acne massage physical therapy chiropractic

Accept: 1199 aetna cigna oxford unitedhealthcare bluecross blueshield metropius affinity healthplus medicare and more
www.MedicalHolistics.com

115W 30 St. #500B(6Ave) 723 7 Ave #703 (48 St) 212-470-0360 Jamaica Queens 718-687-2474

It's better when we're together against Alzheimer's

Alzheimer's disease can often be accompanied by symptoms such as apathy and anxiety, as well as behavioral issues like irritability, agitation and depression. If someone you care about is being treated for Alzheimer's and is exhibiting these or other symptoms, learn more about this medical research study.



718.351.8100

info@bmrsi.com | www.bmrsi.com

LEGAL SERVICES

To advertise, call James Elam at 212-457-7752 or email james.elam@metro.us

GENERAL INFORMATION
 This classified is a public directory provided by the Metro and publishers of the newspaper. Metro Classifieds does not accept any advertising from individuals or companies. All information and rates are subject to change at the discretion of the publisher. The right is reserved to accept or reject any order. All rates are subject to change at the discretion of the publisher. It is the subscriber's responsibility to check each ad for the best price in the publication. Metro does not accept responsibility for any damage or loss resulting from the use of information contained in this classified.

JOBS

General Help Wanted

Driver, independent Contractor. Must have own car. Vehicle with commercial plates or min. higher than drivers license. Good rates. Good compensation and insurance paid. Apply to: Michele@HealthFitnessNYC.com 4/11- August 30th Long Island City, NY 11101. Fax: 718-261-3061 and 4PM Monday to Friday only.

JOBS

General Help Wanted

TELMKTRS F/T EXP ONLY! MADE YOU LOOK!!

Now All You Have To Do Is Call/Salary + Comm. + Bonus - \$8- \$12/Hr. David (212) 563-7500

LOBBY ATTENDANT SEC
 No Exp Nec / Will Train
 Must Be 18
 Up To \$16.75
 Call Now!!
 347-421-5674

Entry Level Security
 Must Be 18+
 Must Have Clean Record
 Up To \$16.75
 Contact 347-867-0311

Looking for a SECURITY CAREER but don't know how to start? Become a front desk officer, patrol guard, or medianormed guard. HAVE YOUR CERT! Get license prep. And process 7 to 10 days. Call 313-470-4344

Full Time Positions WE ARE HIRING No Experience Required We Provide Full Training for Accepted Applicants
 Looking for individuals who can start ASAP Health Benefits, Hourly Pay + Commission and Bonuses Call 718-210-3639

LEGAL NOTICES

NOTICE OF FORMATION of Garker, Down, Media, LLC. Articles of Organization filed with the Secretary of State of NY (SBNY) on December 11, 2014 Office location: New York County. SBNY has been designated as agent for service of process against it. It may be served. The Post Office address to which the SBNY shall mail a copy of any process against the LLC served upon it is: 76 West Street, Apt 12H, New York, NY, 10006. The principal business address of the LLC is: 75 West Street, Apt 12H, New York, NY, 10006. Purpose: any lawful act or activity.

NOTICE IS HEREBY GIVEN that a license, Number 1284151 for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 2907 Franklin Ave, Brooklyn, NY 11234, for on-premise consumption. Bistro Sushi Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1284156 for On-Premise Liquor has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 3099 East Tremont Ave., Bronx, NY 10465, Bistro Canada, for on-premise consumption. M.W. Tavern Inc.

NOTICE IS HEREBY GIVEN pursuant to law, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, March 25, 2015 at 2:00 p.m. at 88 John Street, 11th floor, on a petition for Katsuwa, Inc. dba Perfecto Pizza to continue to maintain and operate an unlicensed sidewalk cafe at 3479 Broadway in the Borough of Manhattan for a term of four years.

REQUEST FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: POL. OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

LEGAL NOTICES

NOTICE IS HEREBY GIVEN that a license, Number 1284343 for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 2907 Franklin Ave, Brooklyn, NY 11234, for on-premise consumption. Bistro Sushi Corp.

NOTICE IS HEREBY GIVEN that a license, Number 1284350 for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 2907-1279 Street, 9th Floor Flushing, NY 11356, for on-premise consumption. Spunk Group USA Inc.

NOTICE IS HEREBY GIVEN, PURSUANT TO LAW, that the NYC Department of Consumer Affairs will hold a Public Hearing on Wednesday, March 25, 2015 at 2:00 p.m. at 88 John Street, 11th floor, on a petition for Katsuwa, Inc. dba Perfecto Pizza to continue to maintain and operate an unlicensed sidewalk cafe at 3479 Broadway in the Borough of Manhattan for a term of four years.

REQUEST FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: POL. OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

NOTICE IS HEREBY GIVEN that a license, Number 1284550 for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 3099 East Tremont Ave., Bronx, NY 10465, Bistro Canada, for on-premise consumption. M.W. Tavern Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1284568 for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Japanese Restaurant under the Alcoholic Beverage Control Law at 103 8th St., New York, NY 10012, for on-premise consumption. Bistro Ya Inc.

REQUEST FOR COPIES OF THE PROPOSED REVOCABLE CONSENT AGREEMENT MAY BE ADDRESSED TO: DEPARTMENT OF CONSUMER AFFAIRS, ATTN: POL. OFFICER, 42 BROADWAY, NEW YORK, NY 10004.

SPA & MASSAGE

To advertise with Metro, email jennifer.erickson@metro.us



EAST VILLAGE SPA
 Beautiful
 Relaxing
 Japanese Style
 Thai Massage
347-925-0034
 64 E 10TH ST

LIKE METRO ON FACEBOOK!

f Metro New York

Legal Notices

NOTICE IS HEREBY GIVEN that a license, Number 1283530 for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant Bar under the Alcoholic Beverage Control Law at 2907 Franklin Ave, Brooklyn, NY 11234, for on-premise consumption. Engine Eatery Inc.

SERIGNE
 917-679-1518 or 446-570-9495
Spiritual Reader & Coach

Bring back loved one, stressed individual in relationships, marriage, need Domestic issues, job success in business/court case, removed bad luck, witchcraft, black magic. Stoppings & offer protection. **FAST RESULTS**
SpiritualReader.com

ENTERTAINMENT

HOT LOCAL CHAT
 100's of Sexy Singles
 On Line Now
800-838-2561

REAL HORNY GIRLS
 LIVE 1 ON 1
 800-963-4536

America's Premier Psychics
 Live Psychic Reading
877-998-FATE (3263)
\$3.99/min
 Entertainment only 16+

HOLY SPIRITUAL HEALER
GURU RAM MAHADAY
 PRAYER OF PENTECOST & PRAYER
 SERVING 100 COUNTRIES



BRINGS BACK LOVED Ones
 EXPERT IN DESTROYING BLACK MAGIC
 SWAMI, WOODS, BAD LUCK &
 GHOSTS WITHIN PROTECTION.
 SERVES PROBLEMS IN LOVE, FAMILY
 HEALTH, KIDS, MONEY, JOB & ETC.

917-891-5147
 FREE READING

NEW YORK'S HOTTEST CHAT
 100's of Sexy Singles
 On Line Now
646-507-5155

GAY & BI CHAT
 646-507-5151
 10 FATES APPLY

PSYCHICS

Mr. SAIDOU
 International Spiritual Medium & Psychic
 Over 40 yrs exp. Bring back
 loved ones in the quickest way. Stop Infidelity, Business
 Success, Events & Career.
 Black Magic Specialist, Clear
 Negativity, Bad Luck,
 Protection, School Problems
 etc. Results in 7 Days
 Guaranteed. Call 516-205-8340
 and 646-339-5948

ASTROLOGER & SPIRITUAL ADVISOR FROM INDIA
SRI RAGHAV



EVERY PROBLEM HAS A SOLUTION. MEET ME ONCE.
 FREE READING ON MONDAY
 Expert in Removing Spell
 Black Magic, Evil Spirits,
 Jadoo, Voodoo, Obesh, Curse
 Evil Eye Power, Bickness
 Love, Family Problems etc.
EXPERT IN BRINGING LOVED ONES BACK. QUICK RESULTS.
347-701-1975
 107-06, 121-38th Ct, Elmhurst
 Richmond Hill, NY 11419 (Private House)

PSYCHICS

BADRA KALI
Indian Astrologer
Pandit: KUMAR SWAMY

He will solve any problem within 9 days



646-726-1898
917-488-2540

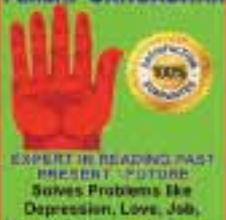
7811 41 Ave Elmhurst, NY 11373
New York City Hospital, New York Avenue
Kalimataastrologer@gmail.com

AFRICAN ADVISOR & SPIRITUALIST

MIR SHEIKH SALEEM,
6th GENERATION OF
AFRICAN MEDIUM,
CAN HELP YOU OUT
OF DESPAIR, SEVEN DAY RESULTS

Love specialist, Reunite lovers
even hopeless cases, Business success,
Release from spell, Clear Negativity,
Strong Voodoo, Black Magic,
Court issues, Family problems, Drugs,
Careers, Exams, Gambling, Luck,
Protection, Impotency/Infertility & more.
917-254-6647
116TH/7TH AVE
WWW.AFRICANMEDIUM.COM

SHIVA SHANKAR
ASTROLOGICAL CENTER
Pandit: GANGADHAR



EXPERT IN READING PAST
PRESENT - FUTURE
Solves Problems like
Depression, Love, Job,
Money, Business, Jealousy,
Husband-Wife, Blockage etc

I WILL REMOVE & DESTROY
BABLUCK, WITCHCRAFT
CRAZY, JINX, WOODS & BLACK MAGIC
PERMANENTLY

347-705-2147
104-12 115 STREET
RICHMOND HILL, NY 11419
INSIDE PRIVATE HOUSE

ITEMS WANTED

CASH FOR DIABETES
TEST STRIPS -
Up to \$35/box! Payment
Made SAME-DAY We
Receive Your Strips!
Call Jenni for a Quote
Today! 800-413-3479
www.CashForYourTestStrips.com

CAREER TRAINING

Mandl School
The College of Allied Health

Earn your
Associates Degree
not just a certificate.

Medical Assistant

Surgical Technologist

Respiratory Therapist

Health & Human Services

Alcohol & Substance Abuse Counselor

Healthcare Administration

Medical Coders & Billers

Dental Assistant (certificate)

CALL TODAY!



Financial Aid available*
Day/Eve/Weekend Courses
Transfer Credits Accepted
Convenient Midtown location

VITAL CAREERS START HERE.
Call Today: **855-626-3504**
254 West 54th St. www.mandl.edu

For disclosure information visit:
<http://mandl.edu/gainful-employment/>

*Financial Aid available if qualified.



**Ultrasound
Med Assistant (RMA)**
Pharmacy Tech (PTCB)
Dialysis Technician

Nursing Assistant (CNA)	\$699
EKG & Phlebotomy Combo.....	\$699
Patient Care Technician (CPTC)	\$699
Medical Billing (CBCS)	\$699
Med Off Administration (CMAA)	\$999
Pharmacy Technician (PTCB)	\$999
CPR (By American Heart Association Valid 2yrs)	\$80

ACCREDITED INSTITUTE

NEW YORK MEDICAL CAREER TRAINING CENTER
500 8th Ave. NY • 212-947-4444 • Close to Penn Station & Port Auth
36-09 Flushing Main St. • 718-460-4340 • Corner of Main Street & Northern Blvd
www.nymedtraining.com

Access Careers
Brooklyn
www.AccessCareers.Edu

CALL NOW
866-487-5432

HealthCare Program

- * Medical Assistant
- * Nurse Aide (CNA)
- * EKG & Phlebotomy
- * Physical Therapy Aide
- * Patient Care Technician
- * ESL / CPR

IT Tech Program

- * A+ , N+ , MCSE, CCNA
- * Comp. Programming
- * Comp. Networking

• Licensed by NYSED & Accredited Institute
• Financial Aid Available if you Qualify



Career Training

HHA/CNA Training

NYSED

Slow learner? Long time
out of school? Placement
Assistance. Job
Placement Assistance
\$14.00/per hr
Call #718.349.8003

CNA TRAINING \$535

**Home Health Aide
Training \$340**

Immediate Job
Placement Assistance
Fordham Institute in
Queens 718-480-1804

REAL ESTATE

Rooms for Rent

**Affordable Furnished Rooms
in Manhattan**

Utilities Included
Same Day Move In
Cable, TV, Internet
No Credit Check
\$125 per week • Call 212-862-0030

100's Available, All Boroughs

Private Entry Bath Cooking
1 Person/2 Person \$125/wk/up room rentals
Studios \$900/up
212-697-3598

All Manhattan/Bronx

Furnished Rooms For Rent!
Cable/Internet Ready! Move
In Today! All utilities Inc.
Starting Just \$125/wk.
Call Us Now:(212)368-2685

SERVICES

**REDUCE YOUR
CABLE BILL!**

Get an All-Digital Satellite
System installed for FREE
and programming starting at
\$19.99/mo. FREE HD/DVR
upgrade for new callers,

**SO CALL NOW
877-356-0526**

**FROECLUSRE
MAEKS
EEVRYHTIGN
COFNUISNG.**

**GET CLEAR ON FORECLOSURE OPTIONS.
CALL 1-888-995-HOPE.**

No one is good at going through foreclosure. Thankfully, there's a way for you to get free, trusted advice. Call the Hope Hotline today and speak to a HUD approved counseling agency.



JOBS
We Train & Place!

New Media Production (Audio & Video)
PCT• HHA• Medical Asst EKG/PHLE/Pharm Tech
CNA FREE Training if eligible
Free Training US Vets - Solar Tech etc
Call: 718-263-0750
STUDENT VISAS @ LOW COST
On Queens Blvd Next to E/F Train Q10 Bus 8002 Kew Gardens Rd, Kew Gardens, NY
WWW.ACCESSQUEENS.COM

ACCESS INSTITUTE

**metro
CLASSIFIEDS**

To place an ad call
866-900-9473

or visit us at
www.metro.us

DEADLINE: 2 BUSINESS
DAYS PRIOR TO
PUBLICATION AT 4 PM.

3-DAY SALE! TUES, MARCH 10- THURS, MARCH 12 40%-85% OFF

www.metro.us

40% OFF
SPORTSHIRTS & POLOS
Reg. \$45-59.50,
sale \$27-35.70.
Only at Macy's.
Selections from
Greg Norman
for Tasso Elba,
Tasso Elba
& Alfani. ★ 1871191.



50% OFF
BLAZERS &
DRESS PANTS
Reg. \$95-\$295,
sale 47.50-147.50.
From famous
designers.
★ 449189.



40% OFF
DRESS SHIRTS & TIES
Reg. 49.50-59.50,
sale 29.70-35.70.
From our Alfani &
Club Room; Geoffrey
Beene & Kenneth
Cole Reaction.
★ 1750027.



CLEARANCE 45%-65% OFF
WHEN YOU TAKE AN EXTRA 30% OFF
Orig.* 1.99-\$1000,
final cost .69-524.99.
Home selections:
housewares, bed
& bath, tabletop,
luggage & more.



50% OFF
SELECT PILLOWS
Reg. \$40-\$260,
sale 19.99-129.99.
From Tommy
Hilfiger, Calvin Klein,
our Charter Club,
more. ★ 139810.



CLEARANCE FOR HIM & HER
60%-85% OFF
WHEN YOU TAKE AN EXTRA 30% OFF
FOR HIM: Young men's sportswear & collections &
men's sportswear & designer collections.
Orig.* \$12-\$115, final cost 3.48-13.97.
FOR HER: Select sportswear, activewear & Impulse
contemporary apparel. For juniors & misses.
Orig.* \$12-\$199, final cost \$3-104.65. Selections available
for petites & women; women's prices slightly higher.

CLEARANCE FINE JEWELRY
60% OFF
WHEN YOU TAKE AN
EXTRA 20% OFF
Orig.* \$300-\$8000, final cost \$120-\$3200.
SELECT DIAMONDS, 14K GOLD,
SAPPHIRES, MORE.

CLEARANCE SHOES & BOOTS
75% OFF
WHEN YOU TAKE AN
EXTRA 30% OFF
Orig.* \$39-\$298, final cost 9.75-74.50.
SELECTIONS FOR HER FROM
OUR CLEARANCE RACKS.

CLEARANCE FOR HER
60% TO
65% OFF
Orig.* \$69-\$340, now 24.15-\$136.
SELECT SUITS, SUIT SEPARATES,
SKIRTSUITS, MORE. MISSES
& PETITES. WOMEN'S PRICES
SLIGHTLY HIGHER.

CLEARANCE HANDBAGS
40% TO
75% OFF
WHEN YOU TAKE AN
EXTRA 20% OFF
Orig.* \$20-\$298, final cost 4.80-178.80.
GREAT SELECTIONS.

PLUS, TAKE AN EXTRA 25% OR 15% OFF[†]
with your Macy's card or savings pass. [†]Exclusions apply, see pass.

WOW! PASS EXTRA SAVINGS ON SELECT SALE & CLEARANCE APPAREL! (EXCEPT SPECIALS & SUPER BUYS)

EXTRA 25% OFF

SELECT SALE & CLEARANCE APPAREL FOR HIM, HER & KIDS PLUS SHOES, COATS, SUITS,
DRESSES, INTIMATES, SWIM FOR HER; MEN'S SUIT SEPARATES & SPORTCOATS
EXTRA 15% OFF SELECT SALE & CLEARANCE FINE & FASHION JEWELRY, WATCHES & HOME ITEMS
MACYS.COM PROMO CODE: SALE EXCLUSIONS MAY DIFFER ON MACYS.COM

Also excludes: Everyday Values (EDV), Doorbusters, Deals of the Day, furniture, mattresses, floor coverings, rugs, electrics/electronics, cosmetics/fragrances, athletic apparel, shoes & accessories, Dallas Cowboys merchandise, gift cards, jewelry trunk shows, New Era, Nike on Field, previous purchases, special orders, selected licensed depts., special purchases, services. Exclusions may differ at macy's.com. Cannot be combined with any savings pass/coupon, extra discount or credit offer except opening a new Macy's account. **EXTRA SAVINGS % APPLIED TO REDUCED PRICES.**

TEXT "CPN" TO 62297 TO GET COUPONS, SALES ALERTS & MORE!

Max 3 msgs/wk. Msg & data rates may apply. By textng CPN from my mobile number, I agree to receive marketing text messages generated by

an automated dialer from Macy's to this number. Understand that consent is not required to make a purchase. **Text STOP to 62297 to cancel.**

Text HELP to 62297 for help. Terms & conditions at macy's.com/mobilehelp Privacy policy at macy's.com/privacypolicy



VALID 3/10-3/12/2015



00007103100318020112

FREE SHIPPING + FREE RETURNS AT MACYS.COM!

FREE SHIPPING WITH \$99 PURCHASE. FREE RETURNS BY MAIL OR IN-STORE. U.S. ONLY. EXCLUSIONS APPLY; SEE MACYS.COM FOR DETAILS.



the magic of



Fine jewelry is available only in stores that carry fine jewelry. REG. & ORIG. PRICES ARE OFFERING PRICES & SAVINGS MAY NOT BE BASED ON ACTUAL SALES. SOME ORIG. PRICES NOT IN EFFECT DURING THE PAST 90 DAYS. EXTRA SAVINGS & SALE PRICES IN EFFECT 3/10-3/12/2015. *Intermediate price reductions may have been taken. Jewelry photos may be enlarged or enhanced to show detail. Fine jewelry at select stores; log on to macy's.com for locations. Almost all gemstones have been treated to enhance their beauty & require special care, log on to macy's.com/gemstones or ask your sales professional. Extra savings taken off already-reduced prices; "final cost" prices reflect extra savings. Advertised merchandise may not be carried at your local Macy's & selection may vary by store. Clearance & closeout items are available while supplies last. Prices & merchandise may differ at macy's.com. Luggage carry mfrs' warranties; **to see a mfr's warranty at no charge before purchasing, visit a store or write to:** Macy's Warranty Dept., PO Box 1026 Maryland Heights, MO 63043, attn: Consumer Warranties. N5020645

OPEN A MACY'S ACCOUNT FOR EXTRA 20% SAVINGS THE FIRST 2 DAYS, UP TO \$100, WITH MORE REWARDS TO COME. Macy's credit card is available subject to credit approval; new account savings valid the day your account is opened and the next day; excludes services, selected licensed departments, gift cards, restaurants, gourmet food & wine. The new account savings are limited to a total of \$100; application must qualify for immediate approval to receive extra savings; employees not eligible.